

The NJ Commission on Recreation for Individuals  
with Disabilities  
cordially invites you to attend a workshop

# "Active Healthy Lifestyles for People with Disabilities"

Friday, October 13, 2006

9 a.m. - 1 p.m.

at Children's Specialized Hospital  
Mountainside, NJ

PRESENTED BY:



NJ Commission on Recreation  
for Individuals with Disabilities



Children's Specialized Hospital



NJ Department of  
Community Affairs  
- Office of Recreation

## Workshop Information: "Active healthy lifestyles for people with disabilities"

This workshop is free but pre-registration is necessary.

Due to limited space, registration will be first come, first served.

CEU/PDU pending

Registration will be from 8:30 a.m. - 9:00 a.m. Three sessions will provide information on  
active, healthy lifestyles for people with disabilities including:

- Adventure sports
- Healthy Eats: tips and tidbits on healthy eating and nutrition
- Recreation: get moving, become healthy, all while having fun

Please complete and return the form below to:

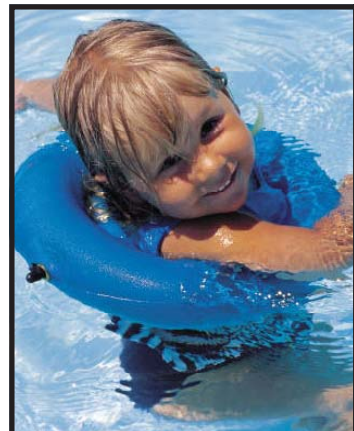
**Active Sports & Nutrition Workshop**

**NJ Office of Recreation**

**NJ Department of Community Affairs**

**PO Box 811**

**Trenton, NJ 08625-0811**



Cut Here >

## "Active Healthy Lifestyles for People with Disabilities"

### Registration Form

(Please print clearly and include only one name per form)

NAME: \_\_\_\_\_

ADDRESS (AGENCY): \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE:(WORK) \_\_\_\_\_ (HOME) \_\_\_\_\_ E-mail: \_\_\_\_\_

**SPECIAL ASSISTANCE REQUIRED:** (e.g. interpreter – must notify 1 month before the workshop.)

☐ A.S.L. Interpreter ☐ Signed English Interpreter ☐ Other, please specify: \_\_\_\_\_

**Special Diet?** ☐ Yes

Visit our website [www.nj.gov/dca/dcr/rec](http://www.nj.gov/dca/dcr/rec) for updates.